

the stages of healing as an empath

1. You soak up other's needs, wants, desires, and emotions like a sponge. You are always looking for ways to be more helpful, more useful. Your identity is tied to helping. You feel unappreciated often.
2. You start to notice that you are taking on everyone else's feelings, needs, wants, and desires. You recognize that you may feel things more than others.
3. You realize that taking on everyone else's emotions isn't always filling you up or making you feel better, in fact it's draining you sometimes.
4. Now you're getting in touch with that resentment. Or maybe it's anger? You start to have negative feelings towards the people you have "sacrificed for" or who took advantage.
5. You begin to see your value and your need for boundaries. You are starting to understand that you can't shoulder everything.
6. Maybe you set a small boundary here and there. It's painful. You might feel mean or rude. Some people even get upset with you. @SITWITHWHIT
7. You aren't sure if you can do this. Who are you without doing everything for others? You question if you're just being too sensitive.
8. You start to understand your worth even more. You understand that your value is tied to more than what you do for others. You start to see your feelings and sensitivity as something good.
9. You start setting more boundaries. It still feels awkward, but you keep doing it.
10. You start to understand that you can help others without completely sacrificing yourself. You're getting a hang of this thing!
11. You're setting boundaries, helping when you can, and prioritizing your needs. But you start to feel bad for not feeling bad. You remember that helping, fixing, and worrying were how you showed love.
12. You start finding new ways to show you care and have boundaries. You are look out for yourself & others. You offer help without expectation. You know you are more than what you do for others. When you forget that, you show yourself compassion.